

January Land Exercise Classes 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
3 8am Floor Yoga 9am Mobility&Strength 10am PB&G (level2) 11am RSB (group 3) 1pm RSB (group 4a) 2:30pm Tap Class	4 9am Fit for Life 11am PB&G (level 1) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball	5 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a)	6 9am Fit for Life 11am PB&G (level 1) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball	7 10am PB&G (level2) 12pm Chair Yoga 3pm Floor Yoga with Val	8 *Open Gym*
10 8am Floor Yoga 9am Mobility&Strength 10am PB&G (level2) 11am RSB (group 3) 1pm RSB (group 4a) 2:30pm Tap Class	11 9am Fit for Life 11am PB&G (level 1) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball	12 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a)	13 9am Fit for Life 11am PB&G (level 1) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball	14 10am PB&G (level2) 12pm Chair Yoga 3pm Floor Yoga with Val	15 *Open Gym*
17 8am Floor Yoga 9am Mobility&Strength 10am PB&G (level2) 11am RSB (group 3) 1pm RSB (group 4a) 2:30pm Tap Class	18 9am Fit for Life 11am PB&G (level 1) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball	19 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a)	20 9am Fit for Life 11am PB&G (level 1) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball	21 10am PB&G (level2) 12pm Chair Yoga 3pm Floor Yoga with Val	22 *Open Gym*
24 8am Floor Yoga 9am Mobility&Strength 10am PB&G (level2) 11am RSB (group 3) 1pm RSB (group 4a) 2:30pm Tap Class	25 9am Fit for Life 11am PB&G (level 1) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball	26 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a)	27 9am Fit for Life 11am PB&G (level 1) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball	28 10 am PB&G (Level2) 12pm Chair Yoga 3pm Floor Yoga with Val	29 *Open Swim*

<p>31 8am Floor Yoga 9am Mobility&Strength 10am PB&G (level2) 11am RSB (group 3) 1pm RSB (group 4a) 2:30pm Tap Class</p>	<p>1 9am Fit for Life 11am PB&G (level 1) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball 3:30pm Tap Class</p>	<p>2 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a)</p>	<p>3 9am Fit for Life 11am PB&G (level 1) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball</p>	<p>4 10am PB&G (level2) 12pm Chair Yoga 3pm Floor Yoga with Val</p>	<p>5 *Open Swim*</p>
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Warm Hearth Fitness Center Always Recommends You Speak With Your Doctor Before Starting Any Exercise Program.

Please see a Fitness Center staff member before participating in classes to complete required paperwork

Fit for Life ★★

This class focuses on strength and endurance using weights and greater repetitions. Full range of motion, lower body movements, arms & shoulders to improve every day strength and functionality. Will use physio balls, bands & free weights.

Mobility & Strength ★★

Segments include: Qigong, Tai Chi, Yoga, Breath work, aerobic, balance, stretch, and strength exercises to restore, rebuild and repair.

Chair Yoga ★

Participants enjoy the benefits of relaxation and increased flexibility from practicing yoga while sitting in a chair. The class will focus on breath work, stretches, supported strengthening poses and meditation.

Floor Yoga ★

This class utilizes floor techniques to the core, low back and entire body under the guidance of Noelle Dijoud.

Posture, Balance, & Gait (Level 1) ★★

A class designed to work on body mechanics and muscle memory through body weight/awareness and strength training.

Posture, Balance, & Gait (Level 2) ★

January 2022

A class designed to work on body mechanics and muscle memory through body weight/awareness and strength training. Most exercises are done by the bar or seated, as this class is designed for our less balanced folks.

Rock Steady Boxing (RSB) ★★ ★

RSB is a world-renowned program designed for those with Parkinson's. RSB exercises are largely based off of boxing drills. Classes will work on optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork, and overall strength to defend against and overcome opponents associated with Parkinson's.

Tap Dance ★★

Learn basic steps, rhythms and hand motions for theatrical tap. Benefits include better balance, stamina and range of motion. WHV Tap Club is for members to reconnect with their community in an environment of encouragement and ageless play. Pre-registration is required. If needed, assessment of this class should be consulted with your doctor if there are questions about mobility issues. If you have questions contact Mardy at mbaker@warmhearth.org.

Mindful Meditation ★

This resident led class will allow you to learn the techniques of meditation and leave class feeling better than you arrived.

Rejuvenation Qigong ★★ ★

This class will combine movements using the whole body. Movements contain repetitions allowing body memory to comfortably reset into proper alignment. Both Longevity Qigong (*using copper rods*) and Precision Qigong (*standing or sitting*) are offered.

Level of Difficulty:

Easy ★

Moderate ★★

Advanced ★★★